

WIC APPROVED FOODS

Effective October 1, 2010 through September 30, 2011

INFANT CEREAL

8 OZ. BOX GERBER ONLY, ANY GRAIN OR MULTIGRAIN

Not included: Canned, formula, fruit, organic or variety packs, DHA.



INFANT FORMULA



Enfamil

Gentlease

- 12 oz. powder



Enfamil

Premium Infant

- 12.5 oz. powder
- 13 oz. concentrate
- 32 oz. ready-to-use



Enfamil

ProSobee

- 12.9 oz. powder
- 13 oz. concentrate
- 32 oz. ready-to-use

BABY FOOD

4 OZ. GLASS JARS, BEECH NUT (FRUIT OR VEGETABLE ONLY)

Includes single ingredient or combination of single ingredients (e.g. apple-banana).

- Not included:*
- Mixtures with cereal, desserts, dinners or food combinations (e.g., meat and vegetables, rice, pasta, yogurt or noodles)
 - Organic, added sugar, starch, salt or DHA



2.5 OZ. GLASS JARS, BEECH NUT (MEAT ONLY, MAY INCLUDE BROTH OR GRAVY)

- Not included:*
- Mixtures with cereal, desserts, dinners or food combinations (e.g., meat and vegetables, rice, pasta, yogurt or noodles)
 - Organic, meat sticks, added sugar, salt or DHA

MILK

Fluid Milk

White only, type and size specified on check.

- Whole or Vitamin D
- Reduced-fat (2%), low-fat (½ or 1%) or fat-free (skim)

Specialty Milk (as specified on check)

- Evaporated – 12 oz.
- Lactose-free (quart or ½ gallon)*
- Sweet acidophilus (½ gallon)
- UHT
- Powder 9.6 oz. or 25.6 oz.

*Two one-quart cartons may be substituted for ½ gallon to obtain the maximum amount on the check.

Not included: Flavored, imitation, organic, non-dairy, soy, buttermilk, Milnot or Vitamite.

JUICE

Size is specified on check.

64 OZ. PLASTIC, GLASS OR REFRIGERATED PAPER CONTAINERS

100% juice (fruit or vegetable) and at least 120% Vitamin C. For Children Only.



Any flavor



Any 100% Juice—except Premium



Grape (purple), red or white only



Regular or low sodium only



Regular or low sodium only



Any brand



Any brand



Hy-Top, Indian Summer, Lucky Leaf, Musselman's, Seneca

Not included: Beverages, cocktail juices, fruit drinks, juice drinks or organic juices.

11.5 OZ. – 12 OZ. FROZEN CONCENTRATE

100% fruit juice and at least 120% Vitamin C. For Women Only.



Any flavor

Any brand

Any brand



Any flavor with yellow tab



Any flavor with green tab

11.5 OZ. – 12 OZ. NON-FROZEN CONCENTRATE

100% fruit juice and at least 120% Vitamin C. For Women Only.



Any flavor



Any flavor

BEANS, PEAS, AND LENTILS

- DRY 1 LB. BAG
- CAN, ANY COMBINATION NOT TO EXCEED 64 OZ.
 - Fat Free Refried
 - Kidney (may have a small amount of sugar)
 - Garbanzo (Chick Peas)
 - Navy
 - Great Northern
 - Black

Not included: Boxed, baked beans, wax beans, organic soups, added sugars, fats, oils, meats.

CHEESE

8 OZ. TO 16 OZ., ANY COMBINATION NOT TO EXCEED 16 OZ.

Choose regular, light, low-fat or fat-free; block, sliced, shredded, bagged, cubed, string, stick or crumbles.

Any of the following flavors or combinations of flavors:

- American – pasteurized processed
- Cheddar
- Colby
- Colby-Jack
- Monterey Jack
- Mozzarella
- Provolone
- Swiss

Not included: Cheese food, product, substitute or spread, deli, imitation, spiced, flavored, organic or imported.

FRUITS AND VEGETABLES

Dollar amount specified on Cash Value Voucher.

FROZEN

Any variety of frozen fruits without added sugar.

Any variety of frozen vegetables except white potatoes and without added sugar, oils or fats; herbs or spices; creams or sauces; bread.

FRESH WHOLE OR CUT (INCLUDES PLAIN BAGGED)

Not included: Red, Yukon, gold, russet and other kinds of white potatoes (orange yams and sweet potatoes are allowed); pickled vegetables; olives; herbs or spices; creamed or sauce vegetables; nuts; salad bar items; breaded vegetables; edible blossoms; or party trays with dip, dressing or croutons.

PEANUT BUTTER

18 OZ. JARS ONLY, REGULAR OR CRUNCHY

Not included: Spread, organic, mixed with jelly, marshmallow or honey.

FISH

For fully breastfeeding moms.

30 OZ., CAN OR POUCH, ANY SIZE

Light Tuna, Pink Salmon or Sardines

Not included: Albacore tuna, King Oscar sardines or organic.

EGGS

1 DOZEN, ANY SIZE, WHITE OR BROWN

Not included: Low cholesterol, organic, cage free or free range.

CEREAL

COLD CEREAL, 9 OZ. OR LARGER, ANY COMBINATION NOT TO EXCEED 36 OZ.

 = whole grain * = folic acid



Malt-O-Meal Brand

Almonds

Honey Roasted

Cinnamon Bunches

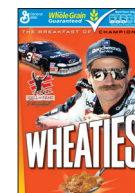
2 1/2 minute



Malt-O-Meal Brand

No fruit, maple, vanilla or organic

1, 2 1/2, 10 minute



Unfrosted

Brown Sugar

Cinnamon

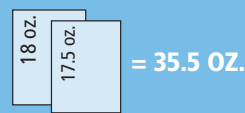
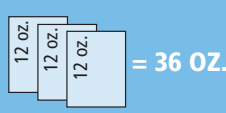
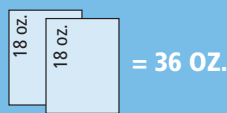
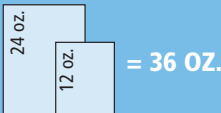
Regular, no fruit

Regular only

Regular only

Instant, regular flavor only

COMBINE YOUR CEREALS FOR A TOTAL OF 36 OUNCES OR LESS



Original only

WHOLE GRAINS

BREAD 16 OZ., SOFT

Whole wheat or whole grain loaf.



- AUNT MILLIE'S**
- Cranberry-Apple Swirl, Raisin Swirl
 - Whole Grain White Bread
 - Healthy Goodness DHA omega-3



BUNNY
100% Whole Wheat



- HEALTHY LIFE**
- 100% Whole Wheat
 - 100% Whole Grain
 - Wheat Bread Sugar Free



- PEPPERIDGE FARM**
- Swirl Whole Wheat Cinnamon with Raisins
 - Stoneground 100% Whole Wheat
 - Very Thin Soft 100% Whole Wheat



ROMAN MEAL
100% Whole Wheat



SARA LEE
Classic 100% Whole Wheat



WONDER
100% Soft Whole Wheat



NATURE'S OWN
100% Whole Wheat
Sugar Free



BEST CHOICE
Whole Wheat



SCHNUCK'S
100% Whole Wheat

Not included: Buns, rolls, bagels or bakery.

BROWN RICE, ANY BRAND, UP TO 16 OZ., PLAIN BOXES OR BAGS, INSTANT, QUICK OR REGULAR

SOFT TORTILLAS, 16 OZ.

Corn or whole wheat.



CHI-CHI'S
Whole Wheat or Corn



LA BANDERITA
Whole Wheat or Corn



MISSION
Whole Wheat or Corn



BEST CHOICE
Whole Wheat or Corn



DON PANCHO
Whole Wheat or Corn



LA BURRITA
Corn



ORTEGA
Whole Wheat

Questions?

Just call your local Indiana WIC clinic
or call 800-522-0874.



Indiana State
Department of Health

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